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ABSTRACT

Some individuals adjust well to retirement despite few material possessions and health deterioration, while others have many possessions and good health and are still unhappy. To determine the factors that influence an older adult's satisfaction with retirement, a measure of an individual's status was developed, and the resulting questionnaire was administered to 98 retirees. The retirees' activities were examined in relation to value orientation, health, and social activities. Those satisfied with their health had better health and experienced more positive feelings. Satisfaction was multi-faceted; the more satisfied individual was the person who was adapting and had possibly adapted well throughout life. Those over 75, perhaps feeling the effects of aging more severely, were generally less satisfied. (A copy of the Individual Status Assessment Questionnaire is appended.) (Author/JAC)

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Predicting Retirement Satisfaction Using a Multifaceted Questionnaire

by

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CG 015655

Predicting Retirement Satisfaction Using a Multifaceted Questionaire

Statement of the Problem

Satisfaction and happiness during retirement years appears to be an end state which is difficult to measure and interpret. Some individuals are happy and well-adjusted in retirement, with few material possessions and deteriorating health, while others have everything, yet are unhappy. Why does this occur and what are the major factors which contribute to satisfaction with retirement? To answer this question it is necessary to examine many facets of the retirement process.

Retirement is a complex process which has been described from a systems perspective (Walker & Price, 1974; 1976; Kimmel, Price, & Walker, 1978) incorporating individual, environmental, and institutional variables in a theoretical model. Previous research on retirement satisfaction has targeted specific areas of concern and overlooked others (Goudy, Powers, & Keith, 1975 a; Harris & Associates, 1977; Katona, Morgan, & Barfield, 1969). This approach has not led to any cohesive model of retirement satisfaction.

The thrust of this research was to ascertain what factors are important to the older adult which influence satisfaction with retirement. This was accomplished by developing a measure of an individual's status as an adult and relating this measure to the retirement satisfaction index(RDI) developed by Smith, Kendall,& Hulin (1969).

The "individual status" is the concept of what is important to the older adult and which factors influence a change in importance. Individual status incorporates all of the factors which researchers throughout the years have shown to be influential in retirement satisfaction. These factors are: value orientation, morale, values, work satisfaction, leisure activity, social relationships, health, wealth, mobility, and retirement reason. It is a measure of what the older adult today values on many different levels, as stated from their own perspective, not that of the young projecting upon the old their stereotype of what is good and necessary for today's older adult.

Subjects

The sample consisted of 98 retirees ages 59 to 92, living in the community within a three county area of Northern Ohio. There were 17 males and 81 females, of which 75 were white, 4 were black, and 19 checked other categories. The educational level ranged from 3 to 20 years with a mean of 10.8 years.

Procedure

The research was conducted in two phases, phase one was the development of the questionaire and phase two involved administering and analyzing the questionaire when given to 98 retirees.

During phase one questions from past research were used in a structured interview with 20 retirees between 55 and 92. The interview areas were: health, wealth, values, morale, activities, social relationships,

previous planning, retrospective work satisfaction, mobility, value orientation, and retirement information.

The health items were taken from Shanas (1962) and Markides & Martin (1979). The wealth items were from Conner, Powers, & Bultena (1979) and Katona, et al (1969) along with items felt important by the researcher. The values items were from Christenson (1976,1977) and Rokeach (1974). The morale items were from Lawton (1977a), Pierce & Clark (1973), and Neugarten, Havinghurst, & Tobin (1961). The activities questions were from Harris & Assoc. (1977) and Palmore & Kivett (1977) with additions. The social relationships items were from Conner, et al (1979); previous planning from Harris & Assoc. (1977); work satisfaction from Goudy, et al (1975 a,b). Mobility was developed from suggestions by Lawton (1977,b). The value orientation scale was developed by using interview findings of Clark (1968) dealing with an adjusted value orientation. The retirement description index (RDI) by Smith, et al., (1969) was also used.

After responding to each item the subject was asked if the question was clear and would he have any suggestions or criticisms to make the item easier to understand for others. Interview subjects were encouraged to comment on any item to help the researcher gain knowledge to use in developing the final scale. Most subjects offered numerous comments and criticisms throughout the interview. The entire interview was taped, transcribed verbatim, and used in revising each subscale. The interviews lasted from 1½ to 6 hours.

The final questionaire was then developed using the interview information. Questions were reworded, added, and deleted. The previous planning area was omitted because very few had done any planning All items were

changed to a multiresponse format when possible.

The value orientation scale revision was of special interest because the way a person views his behavior in response to various situations was felt to influence adaptation to retirement. It was being developed as a psychological assessment device which would relate to satisfaction. The final scale format contained seven incomplete statements, each having ten possible conclusions. Subjects responded yes, no, or ? to each response indicating if that completion described their own possible behavior to the situation.

During phase two the questionaire was given to 98 retirees in various community settings. It took approximately two hours to complete. The final questionaire contained subscales for health, wealth, mobility, work satisfaction, values, value orientation, morale, leisure activities, social relationships, and the RDI. Retirement reason was also obtained and categorized as mandatory or voluntary.

The first major concern was the final refinement of the value orientation scale to assure internally consistency. The preliminary analyses showed some items were scored negatively instead of positive, so the scoring was reversed for those items. Items with low item-total correlations were omitted if deletion incremented reliability. This resulted in the final scale containing 53 items which was used for all further analyses.

Results

The internal consistency for each subscale was computed using coefficient alpha to insure the reliability of the subscales. All the subscales tested showed acceptable reliability coefficients and item-total correlations. The value orientation scale's standardized alpha was .96, item-total correlations were between .34 and .77.

Step-wise regressions were computed using the mean scores for the various subscales as predictors and the four RDI subscales as criteria. Three regression analyses were done for each criterion subscale of the RDI. Table 1 shows the results of the first regression analysis using the entire sample (n = 93) with all items answered. Six subjects did not fill in all the health information. The predictors were: Objective Health, the Social Relationships variables, See (the average number seen per month), and Persons (the total persons seen or talked to) Leisure-O (occasional), Leisure-F (frequent), Morale, Value Orientation, Values, and Mobility. The second set of regressions (shown in Table 2) added two variables, education and income category. This reduced the sample size to 66 because not all individuals would give financial information. The third set of regressions shown in Table 3 used those subjects who retired from a job after age 40 and completed a retrospective Work Satisfaction scale (n = 59). The variables used were those from the first regression plus Work Satisfaction and Retirement Reason. The retirement reason was coded as voluntary or mandatory, as shown in Table 4.

The best predictors of the Activities scale were: Leisure-O, Leisure-F, Objective Health, and Value Orientation for the first and second analyses. These variables explain 33% of the variance for analysis one and 37% for analysis two. In the third analysis, Retirement Reason replaces Leisure-O as a predictor, again 37% of the variance was explained.

Table 1

Regression Analysis Using All ISAQ Subscales for the Entire Sample Except Wealth to Predict the RDI Scales (n = 93)

Variable	β	F	Adjusted R^2
Activities			
Leisure-O	2.19	26.76**	.33
Leisure-F	1.15	6.81**	
Objective Health	-2.08	4.28**	
Value Orientation	4.54	3.64**	
	(16.58)		
Finances			
Mobility	.14	7.29**	.24
Morale	4.72	4.23**	
Value Orientation	5.30	6.72**	
Objective Health	-2.29	5.94**	
Values	-5.63	4.30**	
Persons	.34	3.64**	
	(53.52)		
Health			
Objective Health	-2.17	16.72**	.23
Leisure-F	.63	7.44**	
Leisure-O	.46	4.30**	
Persons	.17	2.51*	
	(13.90)		
People			
Value Orientation	8.26	9.93**	.30
Talk	.80	9.76**	
Objective Health	-2.31	3.89**	
Persons	.47	4.19**	
Morale	4.88	2.92**	
Leisure-O	.87	2.84**	
Mobility	.11	2.65**	
	(26.46)		

*$p < .05$
**$p < .01$

Table 2

Regression Analysis Using All ISAQ Scales Plus Wealth and Education to Predict the RDI Scales (n = 66)

Variables	β	F	Adjusted R^2
Activities			
Leisure-F	2.08	20.53**	.37
Leisure-O	1.29	7.76**	
Objective Health	-2.80	7.90**	
Value Orientation	5.44	4.74**	
	(16.08)		
Finances			
Morale	8.18	11.61**	.22
Income Rating	3.50	8.51**	
See	1.66	3.45**	
	(37.42)		
Health			
Morale	3.70	6.50**	.46
Leisure-O	1.01	17.25**	
Leisure-F	.79	10.80**	
Objective Health	-1.64	8.43**	
Persons	.30	7.80**	
	(17.98)		
People			
Value Orientation	10.54	16.80**	.40
Talk	.78	11.71**	
Objective Health	-3.03	8.30**	
Mobility	-.18	7.80**	
Leisure-O	.96	3.54**	
Persons	.35	2.64*	
	(14.55)		

*$p < .05$
**$p < .01$

Table 3

Regression Analysis Using Those Who Filled Out Work Satisfaction Scale and Were Not Housewives (n = 59)

Variables	β	F	Adjusted R^2
Activities			
Leisure-F	1.89	13.69**	.37
Objective Health	-4.17	14.18**	
Retirement Reason	-9.15	9.36**	
Value Orientation	6.94	5.38**	
	(31.80)		
Finances			
Objective Health	-3.45	10.18**	.25
Value Orientation	6.90	5.52**	
Mobility	.15	4.91**	
See	1.88	3.71**	
	(13.31)		
Health			
Objective Health	-2.63	23.72**	.30
Leisure-O	.44	3.21*	
	(18.32)		
People			
Value Orientation	15.01	26.87**	.46
Talk	.74	11.97**	
Objective Health	-3.37	9.83**	
Persons	.67	6.23**	
	(4.02)		

*$p < .05$
**$p < .01$

Table 4

Retirement Reasons and Category Number

Reason	Category Number When Coded
Age	1
Health	2
Wanted to	3
Problems with Coworkers	4
To be with Spouse	5
Spouse's Death	6
No Special Reason	7
Died (only used for spouse)	8
Not Retired	9
Got Married	10
Plant Closed	11
Job Eliminated	12
Spouse's Health	13
Care for Ill Relations	14
No Response	

Retirement Reasons of Subjects When Classified as Mandatory or Voluntary Reasons

Reason	Number in Group 1	Number in Group 2
Mandatory*	21	24
Voluntary**	9	8
Cannot Classify***	1	0

*Note: Includes reasons 1, 2, 11, and 12
**Note: Includes reasons 3, 5, 6, 11, 13, and 14
***Note: Includes reasons 4, 8, 9, and 10

The results vary slightly for the three analyses when predicting the Finances subscale of the RDI. In the first analysis, Mobility, Morale, Value Orientation, Objective Health, Values and Persons explain 24% of the variance. For the second analysis, Morale, Income Rating, and See explain 22% of the variance. For the third analysis, Objective Health, Value Orientation, Mobility, and See explain 25% of the variance.

When predicting the Health subscale of the RDI, the first analysis used Objective Health, Leisure-O, Leisure-F, and Persons to explain 23% of the variance. For the second analysis, Morale, Leisure-O, Leisure-F, Objective Health, and Persons explain 46% of the variance. This is a major difference in the two analyses, possibly reflecting a difference between those who will answer financial questions and those who will not. The third analysis used Objective Health and Leisure-O to explain 30% of the variance.

The variables for the first analysis used to predict the People scale were: Value Orientation, Talk, Objective Health, Persons, Morale, Leisure-O, and Mobility. This explains 30% of the variance. The second analysis used Value Orientation, Talk, Objective Health, Mobility, Leisure-O, and Persons to explain 40% of the variance. The third analysis used Value Orientation, Talk, Objective Health, and Persons to explain 46% of the variance.

The results of the three regressions indicate stability when considering the major predictors across the three sets of analyses for the Activities and the People scales of the RDI. The Health and Finances scale show more variation in predictors among the analyses.

The total sample was then divided into two groups, those 75 or younger and those older than 75 for a discriminant analysis. A significant discriminant function contained four variables: Leisure, Morale, Retirement Satisfaction and Health. The Wilk's Lambda shows that the test battery

has discriminating power ($p < .02$). The group centroids are positive for group 1 (.38946) and negative for group 2 (-.38081) (Table 2).

Conclusion

This research was implemented because of the dearth of available reliable measures which can be used in older adult research and evaluation. All possibly relevant areas of concern were incorporated into the subscales to examine their role in satisfaction with retirement. The model for the research assures an interactive system of components contributing to the criterion. This approach has been substantiated by the research findings, no one variable can account for satisfaction, all variables contribute to different areas of the criterion.

The variables which predict the retiree's activities differ from those which predict feelings about health. A person's activities are related to value orientation, health, and social activities. This makes intuitive sense, the psychologically and physically healthy retiree is more satisfied with his activities. The specific activity was not important.

When examining the health scale, objective health, leisure activities, and morale were the major predictors. Those who are satisfied with their health have better health, which allows them to be as active as they wish to be and probably contributes to positive feelings about themselves.

The financial satisfaction scale was related to the ability to get around the community, the number of people seen in a month, objective health, values, and value orientation. The more mobile individual who was healthier, saw more people in a month, had a better psychological outlook and was more satisfied with finances. This is logical for that same individual would have access to more possible resources.

When examining satisfaction with people they associate with, value orientation, objective health, talking to and seeing people, and being able to get around the community are predictors. Those who are more

Table 5

Discriminant Analysis Between Age Groups

Variable	Unstandardized B-weight	Wilk's Lambda	Sign.
Leisure	.27	.948	.03
Morale	1.43	.906	.01
RDI(total score)	1.62	.881	.01
Health	.29	.868	.02

Discriminant Function 1	
Eigenvalue	.152
Canonical Correlation	.363
Wilk's Lambda	.868
Chi-square	12.007
Sign.	.02

Group Centroids	
Group 1 (55-75)	.38946
Group 2 (76-92)	-.38081

satisfied have a positive psychological outlook, are satisfied with their health, and are able to get around the community to see and talk to friends.

These regressions show that satisfaction in retirement is multifaceted, and that many factors contribute to satisfaction in various areas. The more satisfied individual appears to be the one who is adapting to his retired state and has possibly adapted well all throughout life.

The discriminant analysis showed some differences between those over 75 who may be feeling the effects of aging more severely. These differences are in what the person can do, health, morale, and overall satisfaction rather than in areas most predictive of specific satisfaction issues. The more physically impaired retiree does curb activities and may be gradually less satisfied with the total situation.

The entire research project has included many areas which have provided useful information. The value orientation scale was developed and tested as one subscale in the model. It appears consistently as a viable predictor of satisfaction and should be further researched. The research has supported the idea of a multifaceted systems approach to learning more about satisfaction in retirement which shows promise for the future.

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THE INDIVIDUAL STATUS ASSESSMENT

QUESTIONAIRE (ISAQ)

BY

Diana L. Valasek

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THE UNIVERSITY OF AKRON
AKRON, OHIO 44325

Department of Psychology
Phone: (216) 375-7280

INFORMED CONSENT

Subject's Name _____ Date_____

Address _____ Phone_____

Project Title: The Development of an Older Adult Assessment Questionaire.

Description and Explanation of Procedure: This project is concerned with developing a questionaire which can be used to examine areas of concern which are important to satisfaction during retirement. All responses are confidential, your name will not appear anywhere on the questionaire. A number will be used to represent one individual's responses. The questions are about your life right now and how you feel about it. The questionaire takes about 1 hour to fill out.

Risks and Discomforts: None.

Potential Benefits: While there is no anticipated, direct benefit to you, participation should prove interesting. Benefits can accrue to society in general through the acquisition of knowledge, and to older adults in particular through a better understanding of older adult concerns during retirement.

CONSENT:

I have fully explained to the participant the nature and purpose of the above-described procedure and the risks that are involved in its performance. I have answered and will answer all questions to the best of my ability.

Diana L. Valasek
Diana L. Valasek, Investigator

I have been fully informed of the above-described procedure with its possible benefits and risks. I give permission for my participation in this study. I know that Diana Valasek will be available to answer any questions I may have. If, at any time, I feel my questions have not been adequately answered, I may request to speak with either the Ethics Committee or the Department of Psychology (Drs. Fugita, Slaney, or Wagner, 375-7280) or the Head of Psychology, 375-7282, or the Committee for the protection of Humans in the Area of Research (Robert G. Corbett, Chairman, 375-7666). I understand that I am free to withdraw this consent and discontinue participation in this project at any time without prejudice. Department of Health, Education, and Welfare guidelines require that we inform you that there are no provisions for compensation in the event of injury. A copy of this form will be provided on request.

_____
Signature of Subject

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The University of Akron is an Equal Education/Employment Institution

QUESTIONAIRE NO. _____

YOUR AGE GROUP (check one)

_____ 75 or younger

_____ 76 or older

The following pages contain many questions about you and your life as it is today. The purpose of this project is to examine areas of concern to people who are retired. All your answers will be confidential. The questionaire number at the top of this page will be used instead of a name. Please be sure to check (✓) your age group in the right-hand top corner of this page. Check the age group which you belong to as of today.

I hope you will try to answer each question. Your responses will aid me in learning more about satisfaction and life during the retirement years. If you object to a question you may leave it blank, although I hope you will consider answering all of the items.

This research is being conducted to fulfill my requirements for a Master's degree in Psychology at Akron University. Thank you for helping me to complete these requirements.

Diana L. Valasek

Diana L. Valasek

1. How would you rate your present health?

___ poor ___ fair ___ good ___ excellent

2. How many days were you confined to bed in the past year?

___ none ___ 1-9 ___ 10 or more

3. Do you have any health problems or illness? ___ yes ___no

What are they?_____

_____

_____

_____

4. Please fill in : Age_____ Sex_____

5. Marital status:

___ married
___ widowed
___ divorced
___ single
___ separated

6. Race:

___ Caucasian
___ Black
___ Mexican or Hispanic American
___ Asian and Pacific Islanders
___ Native Americans
___ Other (specify)_____

7. What is the last year of school that you completed? Circle one.

Grade school: 1 2 3 4 5 6 7 8
High school : 9 10 11 12
College: 1 2 3 4 5 6 7 8 Highest degree obtained _____
Technical school (explain)_____

8. Do you drive a car? ___ yes ___ no
9. Do you own a car? ___ yes ___ no
10. How many miles do you drive in an average month? _____
11. How do you get where you wish to go? (check all that you use)

___drive ___ bus ___ cab ___ walk ___ someone drives me ___ don't go

12. How many trips do you take a week by all the different means? _____
13. Do you have problems getting where you wish to go? ___yes ___ no
14. Is money for gas a problem? ___ yes ___ no
15. Is money for repairs on the car a problem? ___ yes ___no
16. At what age did you and your spouse retire?

_____ your age _____ spouse's age

16. Why did you retire? _____

_____

_____

17. Why did your spouse retire? _____

_____

_____

18. If you or your spouse did not retire, would you please explain?

SPOUSE- _____

_____

SELF- _____

_____

19. Have you had a new job or jobs since you retired? ___ yes ___ no

Please list them.

Job 1 _____ ___ full-time ___ part-time

Job 2 _____ ___ full-time ___ part-time

Job 3 _____ ___ full-time ___ part-time

Job 4 _____ ___ full-time ___ part-time

20. Has your spouse had a new job (or jobs) since he/she retired? ___yes ___no

Please list them.

Job 1 _____ ___ full-time ___ part-time

Job 2 _____ ___ full-time ___ part-time

Job 3 _____ ___ full-time ___ part-time

Job 4 _____ ___ full-time ___ part-time

21. Where do you live right now? (check one)

____ city

____ suburb

____ rural area (non-farm)

____ farm

22. What was your occupation before you retired? _____

_____

WORK ATTITUDE QUESTIONS

INSTRUCTIONS: For the next four questions please check the response which best describes your feelings about your job before you retired. Leave this page blank if you were not employed at some time before retirement.

1. Before you retired, how much did you like your job?

___ not at all
___ seldom
___ sometimes
___ most of the time
___ all the time

2. While you were working, how much of the time were you satisfied with your job?

___ never
___ seldom
___ sometimes
___ often
___ always

3. Do you think you would select the same line of work it you had to do it all over again?

___ very unlikely
___ fairly unlikely
___ somewhat likely
___ fairly likely
___ very likely

4. If given the opportunity, do you think you would recommend that a child or grandchild choose the same occupation you had?

___ very unlikely
___ fairly unlikely
___ somewhat likely
___ fairly likely
___ very likely

INSTRUCTIONS: For the next seven questions, please write in your response to the question or the statement.

1. If you could make changes in your life, what would you do?

_____

_____

_____

2. When do you feel lonely?_____

_____

_____

3. When you look back across your life (as a child, a teen, an adult), how do you feel about it?_____

_____

_____

4. If you could live anywhere, where would you live?_____

_____

_____

5. What do you think of when someone says "older person"? _____

_____

_____

_____

6. Nowadays a person has to live pretty much for today and let tomorrow take care of itself? ___yes ___no Why? _____

_____

_____

_____

7. What do you think of this statement? "Life doesn't begin 'til 60."

_____

_____

_____

VALUES SCALE

INSTRUCTIONS: The following is a list of items which are felt to be of value or importance to older adults. How do you feel about each item? Check (✓) the response that best represents your feelings about the item. Check only one response for each item.

1. CONTENTMENT

_____ not important
_____ slightly important
_____ average importance
_____ fairly important
_____ very important

2. FAMILY

_____ not important
_____ slightly important
_____ average importance
_____ fairly important
_____ very important

3. BEING ABLE TO TAKE CARE OF MYSELF

_____ not important
_____ slightly important
_____ average importance
_____ fairly important
_____ very important

4. MY ACTIVITIES

_____ not important
_____ slightly important
_____ average importance
_____ fairly important
_____ very important

5. HUMANITY (APPRECIATING LIFE)

_____ not important
_____ slightly important
_____ average importance
_____ fairly important
_____ very important

6. RELIGION

_____ not important
_____ slightly important
_____ average importance
_____ fairly important
_____ very important

7. BEING INVOLVED WITH OTHERS IN GROUPS OR ORGANIZATIONS

_____ not important
_____ slightly important
_____ average importance
_____ fairly important
_____ very important

8. HEALTH

_____ not important
_____ slightly important
_____ average importance
_____ fairly important
_____ very important

9. CURRENT HOUSING (WHERE YOU LIVE AT THE PRESENT TIME)

_____ not important
_____ slightly important
_____ average importance
_____ fairly important
_____ very important

10. PRIVACY

_____ not important
_____ slightly important
_____ average importance
_____ fairly important
_____ very important

11. FRIENDS

_____ not important
_____ slightly important
_____ average importance
_____ fairly important
_____ very important

12. FREEDOM TO GO PLACES

_____ not important
_____ slightly important
_____ average importance
_____ fairly important
_____ very important

13. HELPING OTHERS

_____ not important
_____ slightly important
_____ average importance
_____ fairly important
_____ very important

14. CONSTANTLY TRYING TO GET AHEAD (ACHIEVEMENT, MORE MONEY,GREATER INFLUENCE)

_____ not important
_____ slightly important
_____ average importance
_____ fairly important
_____ very important

15. HONESTY

_____ not important
_____ slightly important
_____ average importance
_____ fairly important
_____ very important

16. BEING PRACTICAL AND EFFICIENT

_____ not important
_____ slightly important
_____ average importance
_____ fairly important
_____ very important

17. EQUAL RIGHTS FOR DIFFERENT RACES OF PEOPLE

_____ not important
_____ slightly important
_____ average importance
_____ fairly important
_____ very important

18. EQUAL RIGHTS FOR MEN AND WOMEN

_____ not important
_____ slightly important
_____ average importance
_____ fairly important
_____ very important

19. THE DEMOCRACY WE LIVE IN (THE DEMOCRATIC GOVERNMENT OF THE UNITED STATES AND THE RIGHT TO VOTE)

_____ not important
_____ slightly important
_____ average importance
_____ fairly important
_____ very important

20. PATRIOTISM TO THE UNITED STATES

_____ not important
_____ slightly important
_____ average importance
_____ fairly importtant
_____ very important

MORALE SCALE

INSTRUCTIONS: For each of the following statements please check the response which best indicates how you feel about the statement or question.

1. In general, how often are you in good spirits?
___ always ___ often ___ sometimes ___ seldom ___ never

2. Have you been worried during the past year for no reason?
___ always ___ often ___ sometimes ___ seldom ___ never

3. Most of the time I feel moody and blue.
___ always ___ often ___ sometimes ___ seldom ___ never

4. I would rather die than grow older.
___ always ___ often ___ sometimes ___ seldom ___ never

5. All in all how often do you find happiness in your life today?
___ always ___ often ___ sometimes ___ seldom ___ never

6. Do you find you are less interested lately in things like your personal apperance and table manners and things like that?
___ always ___ often ___ sometimes ___ seldom ___ never

7. On the whole, how often are you satisfied with your way of life today?
___ always ___ often ___ sometimes ___ seldom ___ never

8. How often do you get upset by things that happen in your day-to-day life?
___ always ___ often ___ sometimes ___ seldom ___ never

9. How often do you get the feeling that your life today is not very useful?
___ always ___ often ___ sometimes ___ seldom ___ never

10. Do you feel irritable and impatient?
___ always ___ often ___ sometimes ___ seldom ___ never

11. How much do you plan ahead the things that you will be doing the next week or week after?
___ always ___ often ___ sometimes ___ seldom ___ never

12. Do you feel you would like to live another 20 years?
___ always ___ often ___ sometimes ___ seldom ___ never

13. Do you find that you appreciate the world more now that you are older?
___ always ___ often ___ sometimes ___ seldom ___ never

14. Do you usually want to make changes in your current life?
___ always ___ often ___ sometimes ___ seldom ___ never

15. Do you feel lonely?
___ always ___ often ___ sometimes ___ seldom ___ never

16. Do you often worry about getting older?
___ always ___ often ___ sometimes ___ seldom ___ never

17. How often do you wish you were living somewhere else?
___ always ___ often ___ sometimes ___ seldom ___ never

18. When you get old, more people go out of their way to be nice to you.
___ always ___ often ___ sometimes ___ seldom ___ never

19. Do you think older people can generally solve problems better because they have more experience?
___ always ___ often ___ sometimes ___ seldom ___ never

20. How often are you satisfied with your life overall?
___ always ___ often ___ sometimes ___ seldom ___ never

21. How happy are you these days?
___ always ___ often ___ sometimes ___ seldom ___ never

22. Have you accomplished what you thought you would during your lifetime?
___ always ___ often ___ sometimes ___ seldom ___ never

23. Do you think you are basically the same person you always were?
___ always ___ often ___ sometimes ___ seldom ___ never

24. How often do you feel good about yourself as a person?
___ always ___ often ___ sometimes ___ seldom ___ never

25. Are you happier now than in earlier years? ___ yes ___ no

INSTRUCTIONS: On the next three pages you are to read the statement and the possible ways of completing it. Please put a Y beside all the items which complete the statement which describe your retirement situation, N it the item does not describe your situation, and ? if you cannot decide. Please put either Y, N, or ? beside each item.

---

1. Coping with the world is necessary. If something happens that is out of my control or which threatens me, I normally react by . . .

___ trying to find out all the facts I can.
___ getting angry and telling off those responsible.
___ getting upset and nervous.
___ if I can not change the situation, I put up with it.
___ praying and having faith.
___ trying to change the situation even if it looks beyond my control.
___ act as if it is possible to change the situation.
___ trying to live the best I can with things I can do nothing about.
___ being aggressive since this usually pays off.
___ getting angry initially, then convincing myself that it does not matter.

2. I normally cope with changes in myself (physical, mental, or social) by . . .

___ continuing to try to be perfect in whatever I do.
___ emphasizing what I still have, not what I have lost.
___ changing what I want or expect out of myself and life.
___ by developing new ways to do what I want to do.
___ continuing to do what I always did.
___ doing the best I can, a little at a time.
___ trying not to admit I cannot do something.
___ If I know I cannot do something, I say who cares.
___ accepting it, I'm content with my life and changes occur as you get older
___ I do not cope well with changes in myself.

3. I am socially acceptable to others by . . .

___ having financial wealth.
___ being pleasant and easy to get along with.
___ being superior to others in some way.
___ being as attractive as possible.
___ helping others, however I can in some way.
___ having a position of authority, power or status.
___ being a friend.
___ my personality.
___ what others can get out of me (money, service, work)
___ I do not feel socially acceptable.

4. I want to reamin independent because . . .

___ I want to avoid inconviencing others.
___ I do not want to rely on others because they may neglect me.
___ I do not want to interfere with another person's freedom.
___ I can not rely on others to help me.
___ I do not like to bother anyone.
___ I like to do as I please.
___ I like to be able to help others, instead of needing another's help.
___ it makes me feel good to be self-sufficient at my age.
___ I always have been.
___ my circumstances give me no alternative, I have no one to rely on.

5. When I think about other older people, I feel . . .

___ depressed, so many of them die.
___ that I like most of them.
___ upset, when they do not try to do for themselves.
___ that they are the same as young people, there are good ones and bad ones.
___ that they are my friends.
___ good about them. I enjoy them.
___ sympathy for them.
___ that I would rather stay away from them.
___ that they can be very irritating.
___ that they live in fear of nursing homes and poor health.

6. Things I do which add meaning to my life are . . .

___ being able to accomplish what I set out to do.
___ having goals and accomplishing them.
___ being useful.
___ helping others
___ planning projects, although I never seem to finish them.
___ believing in God and life after death.
___ nothing in particuar, I am just thankful to be alive.
___ being involved in various group activities.
___ being able to do whatever I do well.
___ nothing I do seems to add meaning to my life.

7. In relation to my personal resources or assets like my health, wealth, or personality, I find . . .

___ I have what I need.
___ I often feel inferior to those who have more money than me.
___ my health is more important than money or material possessions.
___ my resources are limited, I have to manage with what I have.
___ I am satisfied with what I have.
___ I wish my health was better, but I am lucky to be living.
___ I must be moderate about what I do since it is unlikely that I will have more in the future.
___ new opportunities and resources are few at my age.
___ it is important for me to conserve myself and my resources.
___ if I need more of something, I will manage to get it.

BEFORE YOU CONTINUE PLEASE LOOK BACK OVER THE LAST THREE (3) PAGES TO MAKE SURE YOU HAVE NOT LEFT ANY OF THE ALTERNATIVES FOR THE 7 QUESTIONS BLANK. THANK YOU. NOW GO ON TO THE NEXT SET OF QUESTIONS.

LEISURE TIME ACTIVITIES

INSTRUCTIONS: I would like to know how you spend your leisure time. Below are many categories of activities with possible examples in parentheses. Please estimate the number or times per year you participate in each activity. Circle your response for each item. Circle the 1 if you almost never or never do the activity, this means you do it only a few times or never in a year. Circle the 2 if you occasionally do the activity, which could mean you do it every couple of months. Circle the 3 if you do the activity very often, such as once or more a month, or for a seasonal activity at least once a week during the season.

EXAMPLE: If you participate in outdoor sports of some kind like fishing or camping 3 or 4 time a summer, then circle the (2).
If you camp almost every weekend or fish, then circle the (3).

ACTIVITY	NUMBER OF TIMES PER YEAR		
	never or almost never	occasionally	frequently or very often
1. OUTDOOR SPORTS (fish, hunt, hike, camp)	1	2	3
2. VISITING PARKS & SCENIC AREAS	1	2	3
3. SPORTS (swim, golf, tennis, bowl)	1	2	3
4. GARDENING AND YARD WORK	1	2	3
5. ARTS & CRAFTS (paint, ceramics, woodwork)	1	2	3
6. SPECTATOR AT SPORTING EVENTS	1	2	3
7. GOING TO MOVIES, PLAYS, & CONCERTS	1	2	3
8. INDOOR GAMES (cards, Bingo, & other games)	1	2	3
9. HANDCRAFTS (sewing, crochet, knit, needle point)	1	2	3
10. PARTICIPATE IN VOLUNTEER ACTIVITIES (AARP, church, foster grandparents)	1	2	3
11. MUSICAL ACTIVITIES (choir, play instrument)	1	2	3
12. READING OR STUDYING	1	2	3
13. WALK	1	2	3
14. RIDE A BIKE	1	2	3
15. VISIT FRIENDS, SHUT-INS, OR RELATIVES	1	2	3
16. WRITING (letters, poems)	1	2	3
17. OTHER (specify)_____	1	2	3
18. NAPPING OR JUST SITTING- NUMBER OF HOURS PER DAY _____			

INSTRUCTIONS: FOR THESE ITEMS PLEASE FILL IN THE BLANKS.

19. ABOUT HOW MANY HOURS A DAY DO YOU SPEND WATCHING TELEVISION?_____

20. HOW MANY HOURS PER DAY DO YOU SPEND NAPPING, IDLE, OR JUST SITTING? _____

21. HOW MANY HOURS PER DAY DO YOU SPEND LISTENING TO RADIO OR RECORDS? _____

22. DID YOU BELONG TO ANY CLUBS OR ORGANIZATIONS LAST YEAR? ___yes ___no

23. IF SO, HOW MANY?_____

24. WERE YOU ON A COMMITTEE OR AN OFFICER LAST YEAR IN THESE CLUBS?

25. HAVE I LEFT OUT ANY OF YOUR FAVORITE ACTIVITIES? ___yes ___no

26. IF I HAVE LEFT IT OUT, WHAT IS IT? (list as many as you wish and the number of times you do it per year)_____

_____

_____

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SOCIAL RELATIONSHIPS SCALE

INSTRUCTIONS: I am interested in the people you see or talk to often (at least once a month) and how often you see and/or talk to each person. Below are four (4) categories, for each category list the names of the people you talk to and/or see at least once a month. After you list their names, then fill in their age, and circle the number which represents how often you talk to that person and how often you see the person each month. If you do not see anyone in a category at least once a month, then just leave it blank. If you see more people than there are space for, just put a note on the back with the rest of the information

If you circle the 1 it means that you see or talk to them every day.

If you circle the 2 it means that you see or talk to them two or three times per week.

If you circle the 3 it means that you see or talk to them about once a week.

If you circle the 4 it means that you see or talk to them two or three times per month.

If you circle the 5 it means that you see or talk to them about once a month.

EXAMPLE:

FIRST NAME OF PERSON	AGE	HOW OFTEN DO YOU TALK TO THIS PERSON? Each Day	2-3 times per week	Each Week	2-3 times per month	Each Month	HOW OFTEN DO YOU SEE THIS PERSON? Each Day	2-3 times per month	Each Week	2-3 times per month	Each Month
MARY	38	(1)	2	3	4	5	1	2	(3)	4	5

EXPLANATION OF MY EXAMPLE: Mary is 38 years old. I talk to her every day but I only see her once a week. This is why I circled (1) to mean I talk to her every day on the phone. We see each other once a week at Bingo so I circled (3) for the next question.

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NOW TURN THE PAGE A BEGIN THIS PART OF THE QUESTIONAIRE.

I. CATEGORY: FAMILY MEMBERS (This includes your spouse, children, grandchildren, and parents)

FIRST NAME OF PERSON	AGE	HOW OFTEN DO YOU TALK TO THIS PERSON? Each Day	2-3 times per week	Each Week	2-3 times per month	Each Month	HOW OFTEN DO YOU SEE THIS PERSON? Each Day	2-3 times per month	Each Week	2-3 times per month	Each Month
_____	___	1	2	3	4	5	1	2	3	4	5
_____	___	1	2	3	4	5	1	2	3	4	5
_____	___	1	2	3	4	5	1	2	3	4	5
_____	___	1	2	3	4	5	1	2	3	4	5
_____	___	1	2	3	4	5	1	2	3	4	5
_____	___	1	2	3	4	5	1	2	3	4	5
_____	___	1	2	3	4	5	1	2	3	4	5
_____	___	1	2	3	4	5	1	2	3	4	5
_____	___	1	2	3	4	5	1	2	3	4	5

II. CATEGORY: BROTHERS, SISTERS, AND OTHER RELATIVES

FIRST NAME OF PERSON	AGE	HOW OFTEN DO YOU TALK TO THIS PERSON? Each Day	2-3 times per week	Each Week	2-3 times per month	Each Month	HOW OFTEN DO YOU SEE THIS PERSON? Each Day	2-3 times per month	Each Week	2-3 times per month	Each Month
_____	___	1	2	3	4	5	1	2	3	4	5
_____	___	1	2	3	4	5	1	2	3	4	5
_____	___	1	2	3	4	5	1	2	3	4	5
_____	___	1	2	3	4	5	1	2	3	4	5
_____	___	1	2	3	4	5	1	2	3	4	5
_____	___	1	2	3	4	5	1	2	3	4	5
_____	___	1	2	3	4	5	1	2	3	4	5
_____	___	1	2	3	4	5	1	2	3	4	5
_____	___	1	2	3	4	5	1	2	3	4	5
_____	___	1	2	3	4	5	1	2	3	4	5
_____	___	1	2	3	4	5	1	2	3	4	5

III. FRIENDS AND NEIGHBORS

FIRST NAME OF PERSON	AGE	HOW OFTEN DO YOU TALK TO THIS PERSON? Each Day	2-3 times per week	Each Week	2-3 times per month	Each Month	HOW OFTEN DO YOU SEE THIS PERSON? Each Day	2-3 times per month	Each Week	2-3 times per month	Each Month
_____	___	1	2	3	4	5	1	2	3	4	5
_____	___	1	2	3	4	5	1	2	3	4	5
_____	___	1	2	3	4	5	1	2	3	4	5
_____	___	1	2	3	4	5	1	2	3	4	5
_____	___	1	2	3	4	5	1	2	3	4	5
_____	___	1	2	3	4	5	1	2	3	4	5
_____	___	1	2	3	4	5	1	2	3	4	5
_____	___	1	2	3	4	5	1	2	3	4	5
_____	___	1	2	3	4	5	1	2	3	4	5
_____	___	1	2	3	4	5	1	2	3	4	5

IV. CATEGORY: CLOSE FRIENDS (CONFIDANT, SOMEONE YOU CAN CONFIDE IN)

FIRST NAME OF PERSON	AGE	HOW OFTEN DO YOU TALK TO THIS PERSON? Each Day	2-3 times per week	Each Week	2-3 times per month	Each Month	HOW OFTEN DO YOU SEE THIS PERSON? Each Day	2-3 times per month	Each Week	2-3 times per month	Each Month
_____	___	1	2	3	4	5	1	2	3	4	5
_____	___	1	2	3	4	5	1	2	3	4	5
_____	___	1	2	3	4	5	1	2	3	4	5
_____	___	1	2	3	4	5	1	2	3	4	5
_____	___	1	2	3	4	5	1	2	3	4	5
_____	___	1	2	3	4	5	1	2	3	4	5

FINANCIAL QUESTIONS

INSTRUCTIONS: Please check all of the following which apply to you. Some of the following questions are usually considered very personal, if you do not wish to answer them you do not need to do so. However, I hope you will consider answering them as honestly as you can. There has been much concern recently that many older Americans are living in poverty or financial stress. I am trying to find out how widespread the problem is and what areas are causing problems. Any information you can give to help on this issue will be appreciated. All answers are confidential. Any comments you wish to add will be appreciated.

1. What was you approximate family income for last year (before taxes)?

_____ under $4,999
_____ $5,000-$9,999
_____ $ 10,000-$14,999
_____ $15.000-$19,999
_____ $20,000 or over

2. What were your sources of income last year?(check all that apply to you) For each source fill in the approximate amount you receive per month.

___ Social Security $_____per month
___ Private Pension Plan $_____per month
___ Supplemental Social Security $_____per month
___ Investments $_____per month
___ Interest from savings or bonds, etc. $_____per month
___ part-time employment $_____per month
___other, please specify $_____per month _____ source

3. Do you have some type of savings? ___yes ___no If so, how much? $_____
4. Do you own your own home? ___yes ___no
5. If you own your own home, do you still have a mortgage? ___yes ___no
6. Approximately how much do you owe until the mortgage is paid off? $_____
7. What is the current market value of your home? $_____
8. Do you live in housing which is cheaper for older persons or those with limited incomes? ___ yes ___no
9. Do you occasionally work for someone and receive payment in cash? (This could be for babysitting, yard work, etc. which you do not pay taxes on.) ___yes ___no
10. If you do receive cash payments, about how much do you make a year in this way?
    ___ under $100
    ___ $100-$499
    ___ $500-$999
    ___ over $1000

11. Does your spouse have an income which is separate from yours?
___yes ___no

12. If your spouse has an income, what is the source(s) ?_____

_____

13. What is you spouse's total yearly income?___$_____

14. Do you assist other members of your family financially on a regular basis? (such as children or parents) ___ yes ___ no

15. If you do aid them financially, about how much do you contribute monthly? (not including gifts)$_____

16. Do your children or family help you financially? (not including gifts)
___ yes ___ no

17. If they do help you financially, about how much do you receive from them per month? (not including gifts) $_____

COMMENTS:

THANK YOU FOR ALL YOUR TIME AND HELP.

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Scoring Procedure

The health scale had two measures: objective and subjective health. Subjective health was a self-rating ranging from poor (4) to excellent (1). The objective health was the number of days confined to bed in the past year and a score for reported illnesses. The scoring for days in bed was: none (0), 1-9 (1), 10 or more (2). The number of health problems was noted and a score was given based on the severity of the problem. Heart problems, cancer, stroke, and paralysis were given 2 points, all others were given 1 point each. A maximum score of 6 was possible. The score for severity of the illnesses reported was used as the Objective health score for the analyses because of missing data for the other items. A high score indicates poor health.

The Mobility scale was the sum of the responses for items 8 to 15, which dealt with their means of transportation. A yes was scored 2 and a no zero. This scale dealt with how they got where they wished to go, how often they went out, and the means which they utilized. Each means was scored as a separate item.

Retirement reason was categorized as mandatory, voluntary, or could not determine. Mandatory reasons were: age, company policy, health, plant closed, or job eliminated. Voluntary reasons were: they wanted to, to be with spouse, spouse's health, no special reason, got married, spouse's death, or to care for an ill relative.

The Work Satisfaction questions were four retrospective questions referring to job satisfaction prior to retirement. Each question had a five-point response scale. An average score was computed for work satisfaction. The items were scored: not at all (1), seldom (2), sometimes (3), most of the time (4), and all

all the time (5). Only individuals who were employed outside the home and retired at age 50 or greater were used for the analyses of this scale.

The Values scale contained 20 values which were an adaptation of the Christenson scale to older adult values. Each value had a five-point response scale of: not important (1), slightly important (2), average importance (3), fairly important (4), and very important (5). A mean Value score was computed for each subject.

The Morale scale contained 25 items each with a five-point response scale and several open-ended questions. The response alternatives were: always, often, sometimes, seldom, and never. A high score indicates high morale. A mean Morale score was computed for each subject.

The Value Orientation scale contained 70 items initially. The subject responded yes, no, or ?. Yes indicated the item described their retirement situation, no meant the item did not describe their situation, and ? indicated they could not decide. After the reliability analysis, a 53-item scale resulted for which a mean score was calculated for each subject. A high score is considered desirable. A Y to a yes item, or an N to a no item (3), N to a yes item or Y to a no item (0), ?(1).

The Leisure Time Activities scale contained 17 items with a three-point response scale. Several open-ended questions were also used. The Leisure-O score is the number of occasional activities. The Leisure-F score is the number of frequent activities.

The Social Relationships scale contained three variables. The total number of persons in all categories seen and/or talked to each month is the persons variable. The average frequency rating for all persons they talk to each month is the talk variable. The average frequency rating for all persons they see each month is the see variable.

The Financial questionnaire was optional. An attempt was made to use the income category as a variable but this was not possible because there was too much missing data.

Occupational information was coded for each subject who gave the information. The occupational categories used were taken from the Dictionary of Occupational Titles (1972) using the categories: professional, technical, and managerial; clerical and sales; service; agricultural, fishery, forestry, and related areas; processing; machine trades; bench-work; and miscellaneous. A 10th category was added for housewife.

INSTRUCTIONS: For each of the following statements please check the response which best indicates how you feel about the statement or question.

1. In general, how often are you in good spirits?
5 always 4 often 3 sometimes 2 seldom 1 never

2. Have you been worried during the past year for no reason?
1 always 2 often 3 sometimes 4 seldom 5 never

3. Most of the time I feel moody and blue.
1 always 2 often 3 sometimes 4 seldom 5 never

4. I would rather die than grow older.
1 always 2 often 3 sometimes 4 seldom 5 never

5. All in all how often do you find happiness in your life today?
5 always 4 often 3 sometimes 2 seldom 1 never

6. Do you find you are less interested lately in things like your personal apperance and table manners and things like that?
1 always 2 often 3 sometimes 4 seldom 5 never

7. On the whole, how often are you satisfied with your way of life today?
5 always 4 often 3 sometimes 2 seldom 1 never

8. How often do you get upset by things that happen in your day-to-day life?
1 always 2 often 3 sometimes 4 seldom 5 never

9. How often do you get the feeling that your life today is not very useful?
1 always 2 often 3 sometimes 4 seldom 5 never

10. Do you feel irritable and impatient?
1 always 2 often 3 sometimes 4 seldom 5 never

11. How much do you plan ahead the things that you will be doing the next week or week after?
5 always 4 often 3 sometimes 2 seldom 1 never

12. Do you feel you would like to live another 20 years?
5 always 4 often 3 sometimes 2 seldom 1 never

13. Do you find that you appreciate the world more now that you are older?
__5__ always __4__ often __3__ sometimes __2__ seldom __1__ never

14. Do you usually want to make changes in your current life?
__1__ always __2__ often __3__ sometimes __4__ seldom __5__ never

15. Do you feel lonely?
__1__ always __2__ often __3__ sometimes __4__ seldom __5__ never

16. Do you often worry about getting older?
__1__ always __2__ often __3__ sometimes __4__ seldom __5__ never

17. How often do you wish you were living somewhere else?
__1__ always __2__ often __3__ sometimes __4__ seldom __5__ never

18. When you get old, more people go out of their way to be nice to you.
__5__ always __4__ often __3__ sometimes __2__ seldom __1__ never

19. Do you think older people can generally solve problems better because they have more experience?
__5__ always __4__ often __3__ sometimes __2__ seldom __1__ never

20. How often are you satisfied with your life overall?
__5__ always __4__ often __3__ sometimes __2__ seldom __1__ never

21. How happy are you these days?
__5__ always __4__ often __3__ sometimes __2__ seldom __1__ never

22. Have you accomplished what you thought you would during your lifetime?
__5__ always __4__ often __3__ sometimes __2__ seldom __1__ never

23. Do you think you are basically the same person you always were?
__5__ always __4__ often __3__ sometimes __2__ seldom __1__ never

24. How often do you feel good about yourself as a person?
__5__ always __4__ often __3__ sometimes __2__ seldom __1__ never

25. Are you happier now than in earlier years? __5__ yes __1__ no

INSTRUCTIONS: On the next three pages you are to read the statement and the possible ways of completing it. Please put a Y beside all the items which complete the statement which describe your retirement situation, N it the item does not describe your situation, and ? if you cannot decide. Please put either Y, N, or ? beside each item.

---

1. Coping with the world is necessary. If something happens that is out of my control or which threatens me, I normally react by . . .

__Y__ trying to find out all the facts I can.
__N*__ getting angry and telling off those responsible.
__N*__ getting upset and nervous.
__Y__ if I can not change the situation, I put up with it.
__Y__ praying and having faith.
__Y__ trying to change the situation even if it looks beyond my control.
__N*__ act as if it is possible to change the situation.
__Y__ trying to live the best I can with things I can do nothing about.
__Y__ being aggressive since this usually pays off.
__Y__ getting angry initially, then convincing myself that it does not matter.

2. I normally cope with changes in myself (physical, mental, or social) by . . .

__Y__ continuing to try to be perfect in whatever I do.
__Y__ emphasizing what I still have, not what I have lost.
__Y__ changing what I want or expect out of myself and life.
__Y__ by developing new ways to do what I want to do.
__N*__ continuing to do what I always did.
__Y__ doing the best I can, a little at a time.
__N*__ trying not to admit I cannot do something.
__N*__ If I know I cannot do something, I say who cares.
__Y__ accepting it, I'm content with my life and changes occur as you get older
__N*__ I do not cope well with changes in myself.

3. I am socially acceptable to others by . . .

__N*__ having financial wealth.
__Y__ being pleasant and easy to get along with.
__N*__ being superior to others in some way.
__Y__ being as attractive as possible.
__Y__ helping others, however I can in some way.
__N__ having a position of authority, power or status.
__Y__ being a friend.
__Y__ my personality.
__N*__ what others can get out of me (money, service, work)
__Y__ I do not feel socially acceptable.

4. I want to remain independent because . . .

__Y__ I want to avoid inconviencing others.
__N*__ I do not want to rely on others because they may neglect me.
__Y__ I do not want to interfere with another person's freedom.
__N*__ I can not rely on others to help me.
__N__ I do not like to bother anyone.
__Y__ I like to do as I please.
__Y__ I like to be able to help others, instead of needing another's help.
__Y__ it makes me feel good to be self-sufficient at my age.
__Y__ I always have been.
__N*__ my circumstances give me no alternative, I have no one to rely on.

5. When I think about other older people, I feel . . .

__N*__ depressed, so many of them die.
__Y__ that I like most of them.
__Y__ upset, when they do not try to do for themselves.
__Y__ that they are the same as young people, there are good ones and bad ones.
__Y__ that they are my friends.
__Y__ good about them. I enjoy them.
__Y__ sympathy for them.
__N__ that I would rather stay away from them.
__N*__ that they can be very irritating.
__Y__ that they live in fear of nursing homes and poor health.

6. Things I do which add meaning to my life are . . .

__Y__ being able to accomplish what I set out to do.
__Y__ having goals and accomplishing them.
__Y__ being useful.
__Y__ helping others
__N*__ planning projects, although I never seem to finish them.
__Y__ believing in God and life after death.
__Y__ nothing in particuar, I am just thankful to be alive.
__Y__ being involved in various group activities.
__Y__ being able to do whatever I do well.
__N*__ nothing I do seems to add meaning to my life.

7. In relation to my personal resources or assets like my health, wealth, or personality, I find . . .

__Y__ I have what I need.
__N__ I often feel inferior to those who have more money than me.
__Y__ my health is more important than money or material possessions.
__Y__ my resources are limited, I have to manage with what I have.
__Y__ I am satisfied with what I have.
__Y__ I wish my health was better, but I am lucky to be living.
__Y__ I must be moderate about what I do since it is unlikely that I will have more in the future.
__Y__ new opportunities and resources are few at my age.
__Y__ it is important for me to conserve myself and my resources.
__Y__ if I need more of something, I will manage to get it.

BEFORE YOU CONTINUE PLEASE LOOK BACK OVER THE LAST THREE (3) PAGES TO MAKE SURE YOU HAVE NOT LEFT ANY OF THE ALTERNATIVES FOR THE 7 QUESTIONS BLANK. THANK YOU. NOW GO ON TO THE NEXT SET OF QUESTIONS.

*These items were eliminated after the reliability analysis because they did not contribute to an alpha increase.